

Student Assistance Services

offers a variety of programs and activities

***Prevention Education**

***Positive Peer Alternatives**

***Individual & Group Counseling**

***Training**

***Educational Programs for Parents**

***Referral**

***Community Involvement**

***Consultation**

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Affiliate of



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*SAS is a contract agency of the
Westchester County Dept. of
Community Mental Health, and
Office of Drug Prevention and
STOP DWI Program*

Project SUCCESS™

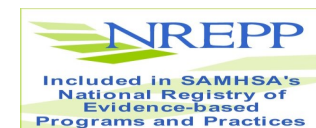
**Schools
Using
Coordinated
Community
Efforts to
Strengthen
Students**



*A Student Assistance Services Corp.
School-Based Program*

Lincoln High School

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And
Pew-MacArthur
Results First Clearinghouse Listing

Student Assistance Services Program

The Student Assistance Counselor implements Project SUCCESS (Schools Using Coordinated Community Efforts to Strengthen Students) a national model program that has been proven effective in preventing and reducing teen substance use. Project SUCCESS is a school-based program that works to reduce the factors that put students at risk for substance abuse, while working to enhance the factors that will protect students from the risks.



Student Assistance Services Corp. employs Masters level counselors with special training in substance abuse prevention and early intervention with adolescents to provide a full range of substance use prevention and early intervention services in secondary schools.

Strategies include:

- Giving students information to increase their understanding about the harmful consequences of using alcohol, nicotine, and other drugs.
- Helping students understand that most teens don't use alcohol, nicotine, and other drugs.
- Providing services to students who are

experiencing stress (such as relationship issues, friend's substance use, etc.) that if not resolved might lead to substance use.

- Teaching students skills for resisting peer pressure, responding to conflicts, managing anger, and avoiding and coping with other stressful situations
- Referring students and their families who need additional help to services in the school and community .
- Working with school and community groups on activities to promote alcohol, nicotine, and drug free lifestyles for teens.

Student Assistance Counselors work with students individually and in small groups; conduct classroom presentations; train and consult on prevention issues with school staff; and refer and follow up with students and families needing additional services.

PROGRAM COMPONENTS

The Student Assistance/Project SUCCESS Program utilizes a combination of activities designed to address the unique needs of adolescents. These include:

Prevention Education

Alcohol, nicotine, and other drug prevention programs conducted by the Student Assistance Counselor. Students practice resistance skills and gain knowledge that will promote healthy decision-making.

Individual and Group Counseling

The Student Assistance Counselor conducts time limited individual, family and/or group counseling at school and is available for appointments either before or after school.

School-wide Awareness and Outreach Activities

Student Assistance Program activities help students change their attitudes about alcohol, nicotine, and other drug use and increase school bonding through student involvement in planning and implementing programs. Examples include: SADD (Students Against Destructive Decisions) Club activities; special assemblies; contests for special awareness days or weeks such as the Great American Smokeout, Drunk Driving Prevention Week, etc., and safe prom and graduation activities.

Parent Programs

Student Assistance Counselors include parents as collaborative partners in prevention through parent workshops, consultation and referral, and involvement in PTA and other school and community organizations.

Referral

Students and parents who can benefit from additional services are referred to appropriate agencies or practitioners in the community or to other services in the school.

How to Access Services

Project SUCCESS is a voluntary program. Most students self-refer to the Student Assistance Counselor. Students may also be referred by peers, parents and faculty. Feel free to stop by the Student Assistance Counselor's office at your school or you may reach the counselor by phone at the school .